



# LIFESTREAM NETWORKS

## Lifestream MPEG-2 File Spec Sheet

Lifestream currently only airs MPEG-2 Video files.

Please keep in mind when sending files to be aired:  
Will it air on an HD channel or an SD channel or both?

For airing on Lifestream, the preferred file format is HD MPEG-2.

*See the detailed SD MPEG-2 specifications on Page 2.*

Lifestream does accept SD MPEG-2 file formats as a secondary option.

*See the detailed SD MPEG-2 specifications on Page 2.*

All programs need to be correct length down to the frame.

A couple of frames too long is better than a couple of frames too short.

No Color bars, tone or Slate. The program should be 28:30 or 58:30.

The filename can serve as the Program Number and Air Date.

Ten (10) business days before any program is to be aired for the first time, you must send Lifestream a test file to be evaluated to make sure it meets our specs and that it will play properly on our video servers.

Once a file has been tested and approved, any changes to that file's format or encoding will require the files to go through the testing process again to be reapproved.

After every file upload to the Lifestream FTP server, send an email with the name and number of the program and the User ID used (not the password), to the following email group:

[Traffic@lifestreamnetworks.com](mailto:Traffic@lifestreamnetworks.com)

This will assure that everyone in Lifestream Traffic & Engineering knows the file has arrived and where to find it.

Note: Please put either HD or SD in the file name, along with station name.

An example of a filename: "ProgramName\_HD\_1234\_07\_04\_17\_ChurchNet.mpg"

This tells us the name of the program, that it is HD, the program number is 1234 and it airs on July 4, 2017 on the Church Network. If it will air on different days at various stations, you can leave off the date.

If you do not already have a private Lifestream FTP User ID, send an email to: [Traffic@lifestream.tv](mailto:Traffic@lifestream.tv) with the name of the program and a contact name and email address where we should send the User ID and password.

The subject of the email should include the words "Lifestream FTP ID Request" and the name of the program that will air on Lifestream. Your file will upload to a folder named with your program name that will be visible only to Lifestream personnel.



# LIFESTREAM NETWORKS

## Lifestream Networks Specifications for HD MPEG-2

1920X1080i (Main HD Format)

### VIDEO

Format: MPEG Video MPEG-PS (File extension needs to be .mpg)

Duration: 28:30 or 58:30 (All programs must be exactly the correct length no bars&tone and no slate please)

Format version: Version 2

Width: 1920 pixels

Height: 1080 pixels

Format profile: Main@High

Format settings, BVOP : Yes

Format settings, Matrix: Default

Format settings, GOP: M=3, N=15

Bit rate: 18Mbps (CBR ONLY) All content must be constant bit-rate

Display aspect ratio: 16:9 Full Frame (Do not Letter Box)

Frame rate: 29.970 fps

Standard: NTSC

Color space: YUV

Chroma subsampling: 4:2:0

Bit depth: 8 bits

Scan type: Interlaced

Scan order: Top Field First (Upper Field First)

### AUDIO

Format : MPEG Audio

Format version: Version 1

Format profile: Layer 2

Bit rate mode: Constant

Bit rate: 384 Kbps

Channel(s): 2 channels

Sampling rate: 48.0 KHz

Compression mode: Lossy



# LIFESTREAM NETWORKS

## Lifestream TV Specifications for SD MPEG-2

### VIDEO

Format : MPEG2 (File Extension Needs to Be .mpg)

Bit Rate: 8Mbps CBR(All content must be constant bit-rate)

Format settings, GOP: M=3, N=15

Width :720 pixels

Height :480 pixels

Format : MPEG Video

Format version :Version 2

Standard: NTSC

Format profile : Main@Main

Chroma Sampling 4:2:0

Bit rate mode : CBR

Display aspect ratio : 4:3 or 16:9

Frame rate : 29.970 fps

Bit depth : 8 bits

Scan type: Interlaced

Scan order: Top Field First (Upper Field First)

Bottom Field First files will have a flicker during motion.

### AUDIO

Format :MPEG Audio

Format version :Version 1

Format profile : Layer 2

Bit rate mode : Constant

Bit rate : 192-384 Kbps is acceptable

Channel(s) : 2 channels (Stereo)

Sampling rate : 48.0 Khz

SD programs should be encoded as Full frame 4:3 aspect ratio. (Do not Letter Box).



## Lifestream Troubleshooting Contact Info

Difficulties uploading your MPEG? Contact technical support at:

Contact Name: Chris Grey  
Phone: 1-888-543-3250 Ext. 7  
Email: [Traffic@lifestream.tv](mailto:Traffic@lifestream.tv)

